

Atharva Institute of Management Studies

Activity / Event report

Name of event	: FACULTY SPEAKS, Episode 14
Date(s) of conduction	: 10 November 2021
No. of participants	: 16
Student coordinator/ committee	: Sneha Kamalpuria (MMS)
Resource person	: Prof. Ganesh Apte
Designation	: HOD, Operations Department, AIMS
Contact no.	:
Email ID	:

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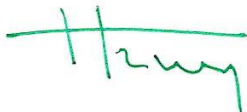
DESCRIPTION

Objectives:

- Brahmavidya.

Key Takeaways:

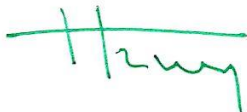
- Brahmavidya: your key to health, happiness and success.
- Brahma = Supreme Power/Universal Spirit/God/Ishwar.
- Vidya = Science.
- Brahmavidya imparts knowledge of Supreme Power/God.
- This power is Omnipresent, Omniscient and Omnipotent.
- Our universe is 13.8 billion years old.
- Our universe is 46.5 billion light years large (dia. Of observable universe).
- 1 light year is 9.5 trillion km.
- There are approximately 2 trillion galaxies in our universe.
- Health, Happiness and Success is the urge of life.



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- Brahmavidya is a 'health' oriented method.
- How does Brahmavidya work and how is it useful in your daily life?
- Why do we have two nostrils?
- What else we inhale along with air, Oxygen?
- Prana – Cosmic Energy.
- Prana energy is carried to all parts of nervous system and adds strength, warmth and vitality.
- Importance of mental health.
- 60,000-70,000 thoughts enter in our mind.
- Body and mind are interconnected.
- Body works on instructions of mind.
- Negative thoughts affect body.
- Healthy mind needs health body.
- Man is actually what he thinks.
- Conscious mind and Sub-Conscious mind.
- Law of action – Emotional balance.
- Thought + Emotion = Action.
- Emotions origin from thought and affect our body positively or negatively.
- Negative: Hate, guilt, sorrow, revenge, selfishness, ignorance, doubt.
- Positive: Love, wisdom, joy, peace, faith, virtue, knowledge.
- Negative emotions are destructive to health.
- Endocrine glands – Makers of destiny.



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- 9 endocrine glands control and maintain metabolism of the body.
- Glands are activated by concentrated thoughts.
- Laws of life.
- Laws operate in human being through breath and thought.
- Everything we think, say and do is the result of habits.
- How habits are formed?
- Can bad habits be changed?
- Importance of meditation.
- Origin of Brahmavidya.
- Few words from Dr. R.G. Ratnawat, Director, AIMS.
- Few words from Dr, Harshita Kumar, Director, ASB.

FLYER OF THE EVENT


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14

#facultyspeaks

ATHARVA INSTITUTE OF MANAGEMENT STUDIES
(Affiliated to Mumbai University)

presents

FACULTY SPEAKS



LIVE



Nov 10th, 2021
10 - 11 AM (IST)

WEDNESDAY



Prof. Ganesh Apte
MBA, DIPLOMA IN IPSCM, DMS

Brahmavidya - Your Key to health, happiness and success



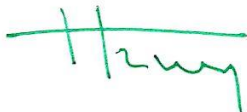
www.atharvaims.edu.in

Flyer Designed by: Piyush Chaudhary (MMS)

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GLIMPSES



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The screenshot shows a Google Meet session in progress. The main window displays a presentation slide from Nitro Pro 10. The slide features the word "BRAHMAVIDYA" in red on an orange background, a central image of a golden key held in a hand, and the text "YOUR KEY TO HEALTH, HAPPINESS AND SUCCESS" in yellow on an orange background. The meeting interface includes a "REC" button, a participant list on the right with names like Monika Chopra, Ganesh Apte, Poonam Patel, Ansha Gupta, and others, and a system tray at the bottom with various application icons.


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Chrome File Edit View History Bookmarks Profiles Tab Window Help 94% Wed 10 Nov 10:06 AM

meet.google.com/zsq-kvrq-pfd?pli=1&authuser=1

REC 6 Ganesh Apte is presenting

What is Brahmailydia ?

- Brahma = Supreme Power/Universal Spirit/God/Ishwar
- Vidya = Science
- Brahmailydia impart knowledge of Supreme Power/God
- This power is Omnipresent, Omniscient and Omnipotent

10:06 AM | zsq-kvrq-pfd


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The screenshot shows a Google Meet interface on a Mac. The browser address bar displays `meet.google.com/zsq-kvrq-pfd?pli=1&authuser=1`. The meeting title is "6 Ganesh Apte is presenting". The main content is a Microsoft PowerPoint slide titled "Prana energy" which features a diagram of the human energy system. The diagram shows a human figure with three vertical channels: a blue channel on the left labeled "PINGALA", a yellow channel on the right labeled "IDA", and a central channel labeled "SUSHUMNA". The channels are connected by a series of colored dots (yellow, blue, red) representing chakras. The meeting controls at the bottom include a microphone icon, a video camera icon, a chat icon, a hand icon, a screen share icon, a settings icon, and a red end call button. The dock at the bottom of the screen shows various application icons including Safari, Photos, Messages, Mail, App Store, Music, Podcasts, and Google Chrome.


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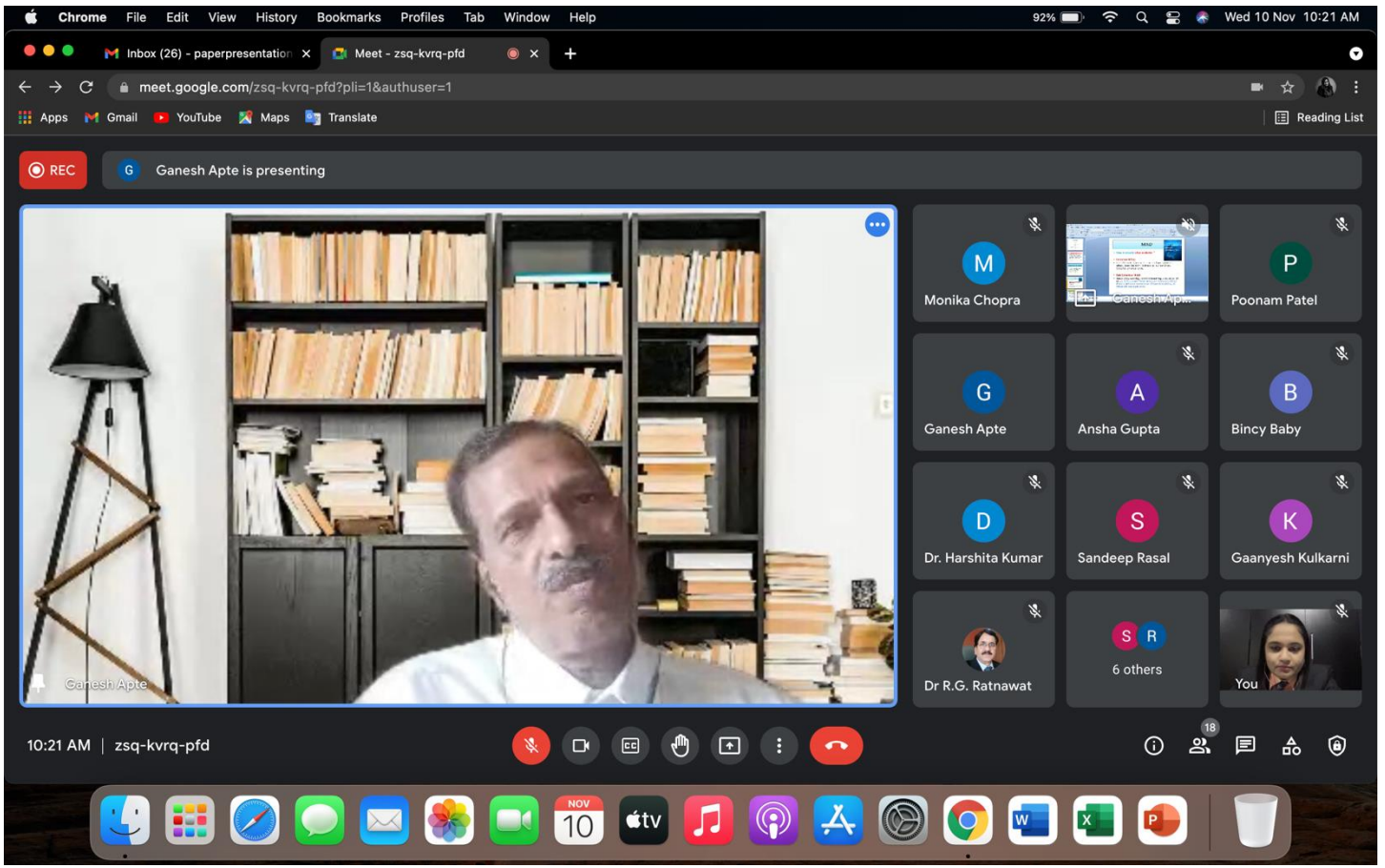
The screenshot shows a Google Meet interface on a Chrome browser. The main window displays a Microsoft PowerPoint presentation titled "MENTAL HEALTH". The slide content is as follows:

- 60,000 – 70,000 Thoughts enter in our mind.
- Body and Mind are inter connected.
- Body works on instructions of Mind
- Negative thoughts affects body
- Healthy Mind need Healthy Body

The presentation is being shared by Ganesha Apte, who is also visible in a small video window. The meeting includes several other participants: Monika Chopra, Poonam Patel, Ganesh Apte, Ansha Gupta, Bincy Baby, Dr. Harshita Kumar, Sandeep Rasal, Gaanyesh Kulkarni, Dr. R.G. Ratnawat, and a group of 6 others. The meeting ID is zsq-kvrq-pfd. The system clock shows 10:20 AM on Wednesday, November 10, 2020.


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The screenshot shows a Google Meet interface. At the top, the browser address bar displays 'meet.google.com/zsq-kvrq-pfd?pli=1&authuser=1'. The meeting title is '6 Ganesh Apte is presenting'. The main content area shows a Microsoft PowerPoint slide with the following text:

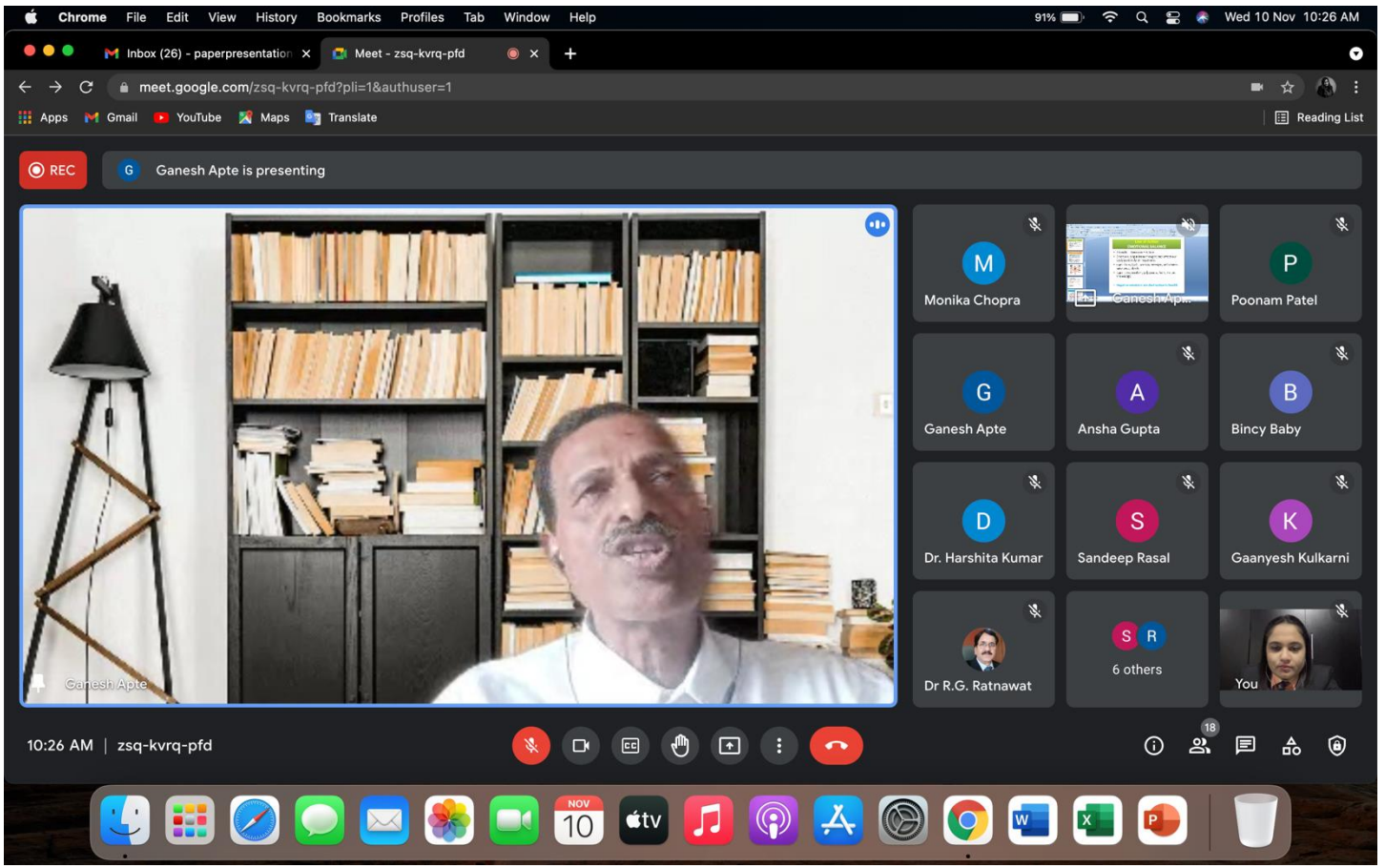
Law of Action
EMOTIONAL BALANCE

- Thought + Emotion = Action
- Emotions origin from thought and affect our body positively or negatively.
- -ve : Hate, Guilt, sorrow, revenge, selfishness, ignorance, doubt
- +ve : Love, wisdom, joy, peace, faith, virtue, knowledge
- Negative emotions are destructive to health

The slide also includes a diagram of the human body with arrows pointing to various parts, and a 'Click to add notes' button at the bottom. On the right side, a grid of participants is visible, including Monika Chopra, Ganesh Apte (the presenter), Poonam Patel, Ansha Gupta, Bincy Baby, Dr. Harshita Kumar, Sandeep Rasal, Gaanyesh Kulkarni, Dr R.G. Ratnawat, and 'You'. The bottom of the screen shows the macOS dock with various application icons.


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The screenshot shows a Google Meet interface on a Chrome browser. The browser tabs include 'Inbox (26) - paperpresentation...' and 'Meet - zsq-kvrq-pfd'. The address bar shows the URL 'meet.google.com/zsq-kvrq-pfd?pli=1&authuser=1'. A 'REC' button and a notification '6 Ganesh Apte is presenting' are visible at the top. The main content area displays a Microsoft PowerPoint slide titled 'The endocrine system' with a diagram of the human body and various glands: Hypothalamus, Pituitary gland, Thyroid gland, Pancreas, Testicle, Pineal gland, Thymus, Adrenal gland, and Ovaries. The meeting participants grid on the right includes: Monika Chopra, Ganesh Apte (highlighted), Poonam Patel, Ansha Gupta, Bincy Baby, Dr. Harshita Kumar, Sandeep Rasal, Gaanyesh Kulkarni, Dr. R.G. Ratnawat, 6 others, and You. The bottom of the screen shows the macOS dock with various application icons and a system clock showing 10:31 AM on Nov 10.

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The screenshot shows a Google Meet interface in a Chrome browser. The address bar displays the URL `meet.google.com/zsq-kvrq-pfd?pli=1&authuser=1`. The browser tabs include 'Inbox (26) - paperpresentation' and 'Meet - zsq-kvrq-pfd'. The Meet header shows '6 Ganesh Apte is presenting' and a 'REC' button. The main content area displays a Microsoft PowerPoint presentation titled 'MEDITATION' with a central image of a woman meditating. The right-hand side features a grid of participant avatars, including Monika Chopra, Ganesh Apte, Poonam Patel, Ansha Gupta, Bincy Baby, Dr. Harshita Kumar, Sandeep Rasal, Gaanyesh Kulkarni, Dr. R.G. Ratnawat, and 'You'. The bottom of the screen shows a macOS dock with various application icons and a system tray with the time '10:38 AM' and the meeting ID 'zsq-kvrq-pfd'.


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The screenshot shows a Google Meet interface. At the top, the browser address bar displays 'meet.google.com/zsq-kvrq-pfd?pli=1&authuser=1'. The meeting title is '6 Ganesh Apte is presenting'. The main content area shows a presentation slide from Nitro Pro 10 with the following text:

Origin of Brahavidya

- Brahavidya is a very ancient system of Spiritual Practise 1200 years ago **Guru Padmasambhav** was the head of the Department of Yoga and Philosophy, in the internationally popular **University of Nalanda**, migrated to Tibet
- 20th century an English gentleman named **Edwin John Dingle** - a reborn Lama was mysteriously guided and drawn back to Tibet under

The right side of the screen shows a grid of participants: Monika Chopra, Ganesh Apte (active), Poonam Patel, Ganesh Apte, Ansha Gupta, Bincy Baby, Dr. Harshita Kumar, Sandeep Rasal, Gaanyesh Kulkarni, Dr R.G. Ratnawat, 6 others, and You.


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Chrome File Edit View History Bookmarks Profiles Tab Window Help 90% Wed 10 Nov 10:47 AM

meet.google.com/zsq-kvrq-pfd?pli=1&authuser=1

REC 6 Ganesh Apte is presenting

Brahmavidya

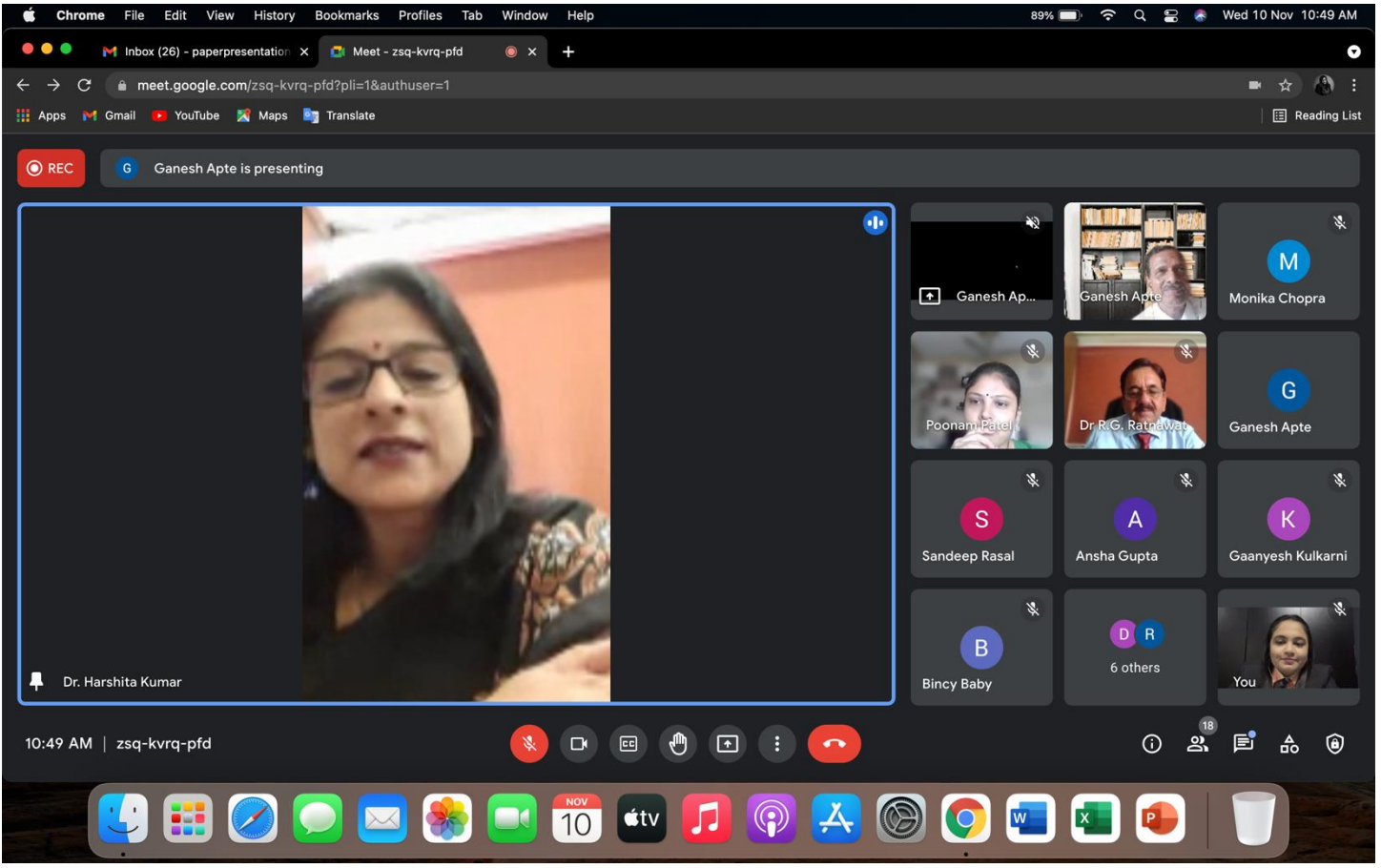
- Basic Course 22 weeks. Once a week 90 minutes
- Children Course 7 weeks
- Advance Course
- Pradipak Course for Teacher
- English, Marathi, Hindi, Gujarati
- Over 2 lacs beneficiaries

Participants: Monika Chopra, Ganesh Apte, Poonam Patel, Ganesh Apte, Ansha Gupta, Bincy Baby, Dr. Harshita Kumar, Sandeep Rasal, Gaanyesh Kulkarni, Dr R.G. Ratnawat, 6 others, You

10:47 AM | zsq-kvrq-pfd

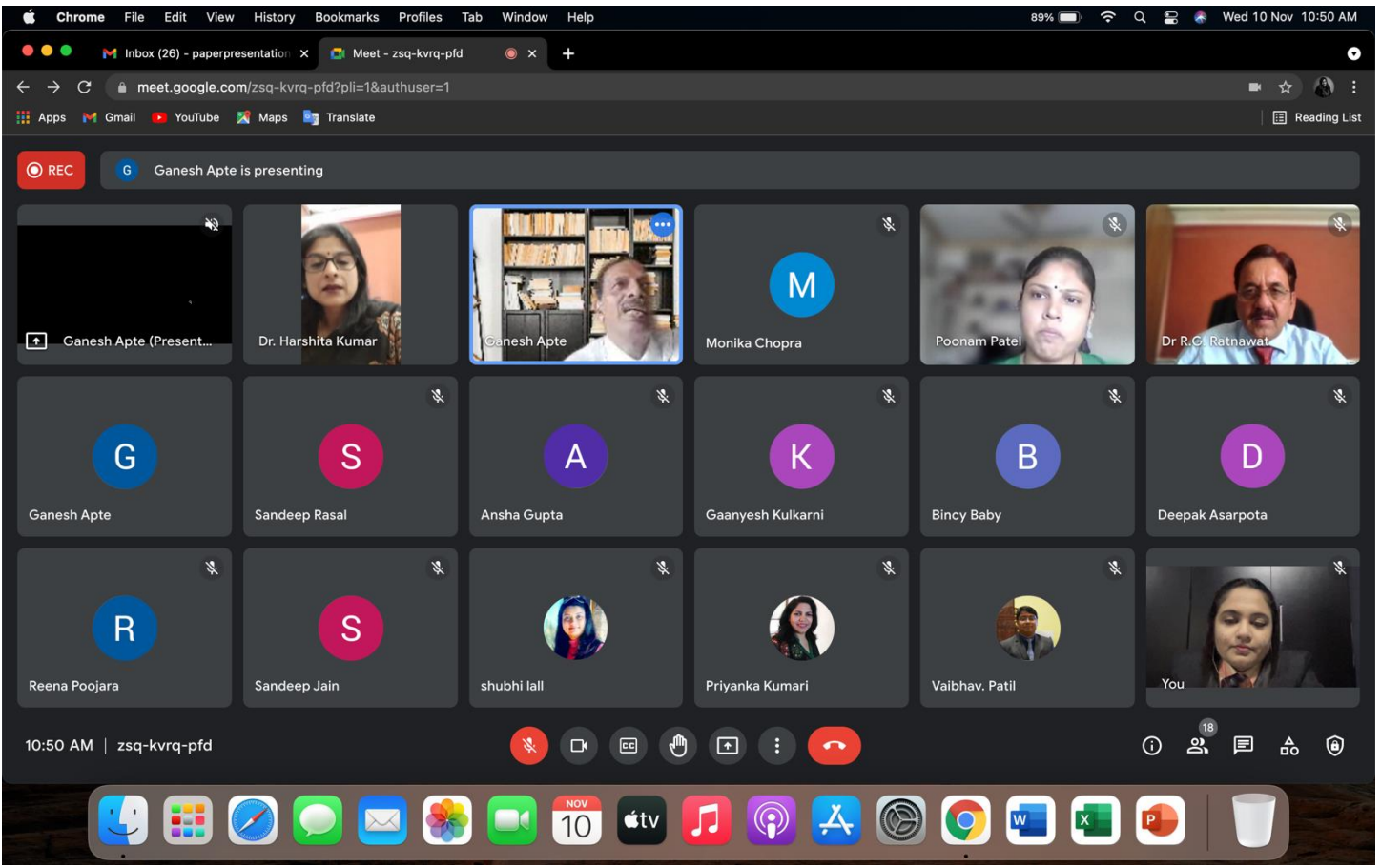

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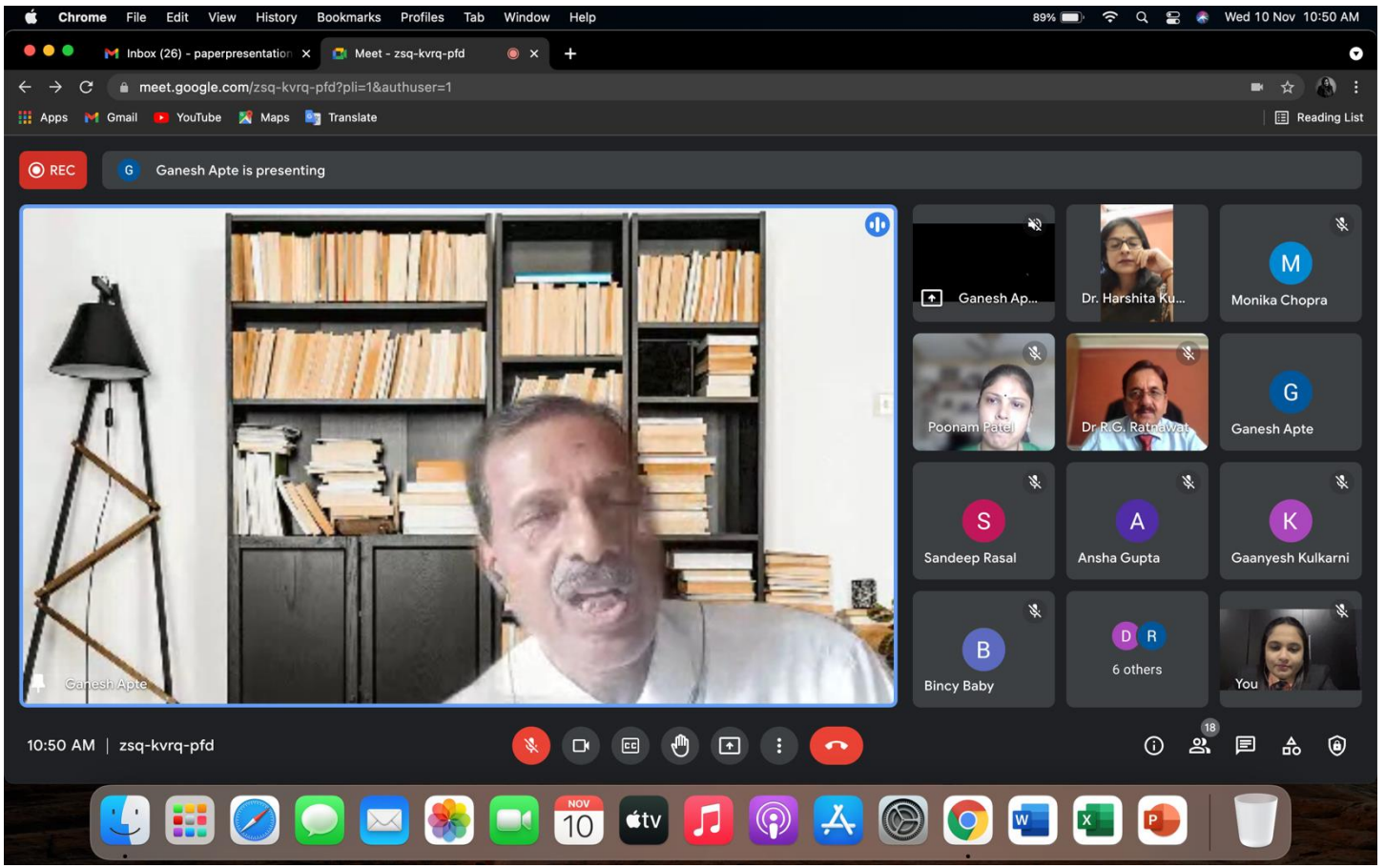

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EVENT REPORT PREPARED BY: SNEHA KAMALPURIA, STUDENT, MMS DIVISION B.

Verified by: Dr. Shubhi Lall Agarwal, Director, IQAC, AIMS.

Submitted to: Dr. R.G. Ratnawat, Director, Atharva Institute of Management Studies.

This video was recorded on the Email ID paperpresentation@atharvacoe.ac.in

Live session was initiated by Sneha Kamalpuria.


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